

Group Exercise

	Mon	Tues	Wed	Thurs	Fri	Sat
Cardio Sculpt <i>Lisa Kless</i>	5:30-6:30am		5:30-6:30am		5:30-6:30am	
Spinning <i>Abbi Quigg</i>		5:30-6:30am		5:30-6:30am		
Spinning <i>Ginger Holcomb</i>						7:30-8:30am
▲ Volleyball	6:30-9:00pm		9:30-10:30am			
Target Training <i>Pam Aho</i>		9:30-10:30am		9:30-10:30am		
Spinning <i>Tracy Stoken / Beth Knodel</i>	9:30-10:30am	8:30-9:30am	9:30-10:30am	8:30-9:30am	9:30-10:30am	
● Walking <i>Donna Kulich</i>		9:30-10:30am		9:30-10:30am		
SAIL <i>Mirihia Bodwell / Donna Kulich</i>		10:45-11:45am	10:45-11:45am	10:45-11:45am		
▲ Noon Hoops	12:00-1:15pm	12:00-1:15pm	12:00-1:15pm	12:00-1:15pm	12:00-1:15pm	
Fast & Fit Lunch <i>Lisa Kless / M'chele Dineen</i>	12:10-12:40pm		12:10-12:40pm		12:10-12:40pm	
Abs & Spinning <i>Lisa Kless</i>	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm	
Family Spinning <i>Sarah Carossino</i>		4:30-5:15pm		4:30-5:15pm		
Zumba <i>Mirihia Bodwell / Beth Knodel</i>	5:30-6:30pm		5:30-6:30pm			9:00-10:00am
Cardio Kickboxing <i>Yana Letherman</i>		5:30-6:30pm		5:30-6:30pm		
★ Pilates <i>Michelle Dineen</i>	6:30-7:30pm		6:30-7:30pm			
Spin Circuit <i>Beth Knodel</i>		6:30-7:30pm		6:30-7:30pm		
Bootcamp <i>Andra Nielsen & Molly Ehmer</i>	7:30-8:30pm		7:30-8:30pm			
Spinning <i>Stephanie Hatley</i>		7:30-8:30pm		7:30-8:30pm		
★ Yoga <i>Veronica Atkinson / Sarah McCloud</i>	6:30-7:30pm			6:30-7:30pm		

All classes are held in the Aerobics Room unless noted.

△ Held in Gym ★ Held in Childcare ○ Held Outside or in Gym

Updated 3/2/2010

YMCA of Gray Harbor
We build strong kids, strong families, strong communities